OHEC
371.14609713
059DE/S

Cir. No. 35 E
500—Feb., 1931.

Ontario Department of Education

SYLLABUS

OF

SUMMER COURSES AND EXAMINATIONS

FOR

TEACHERS' CERTIFICATES

IN

ELEMENTARY HOUSEHOLD SCIENCE

1931

PRINTED BY ORDER OF
THE LEGISLATIVE ASSEMBLY OF ONTARIO

TORONTO:
Printed and Published by HERBERT H. BALL, Printer to the King's Most Excellent Majesty.
1931

*Course of Study to be given in two Summer Sessions or two Winter Courses leading to the Elementary certificate in Household Science, with credit on the one year course qualifying for the *Intermediate certificate in Household Science*

OBJECTS OF THE COURSE

1. To provide the student with a background of knowledge and experience sufficient to enable her to teach Elementary Household Science, within the possiblities of the Rural School, and to supervise the serving of at least one hot dish at the noon lunch.

2. To serve, as an introduction to the one year course in Household Science, and to cover as far as possible the first term's work of the one year course, thus allowing the student to attend from January to June instead of from October to June.

3. To assist Auxiliary Class teachers in the special work they are called on to do.

4. To qualify teachers for the work in Junior Household Science which is being largely undertaken in City Schools.

PART I

I. LECTURES:

1. **General Methods:**

Scope of Household Science.
Its place on Rural School programme.
Corelation with other subjects.
Organization and Management of the hot lunch.

2. **Equipment:**

Types of Rural Schools and equipment suitable for each.

*Formerly called Ordinary.

3. **Foods:**

Factors conducive to health.
Signs of health.
Food requirements of the individual.
Factors influencing food requirements.
Study of water—sources; use to the body; influence on digestion; methods of purification.
Study of milk—composition; value in the diet; care of milk; certified, pasteurized and sterilized milk; commercial forms of milk; ways of introducing milk in the diet.
Study of Vegetables—parts of plants used; classification; economy in purchasing; storage; composition; nutritive value, stressing value in diet of growing child.
Study of Fruits—classification; selection; storage; composition; valuein the diet.

II. FOODS—PRACTICAL WORK:

1. Beverages—value and use in the diet; methods of preparation and serving; cocoa, postum, ovaltine, buttermilk, fruit beverages, tea, coffee.

2. Milk—junket; cottage cheese.

3. Vegetables—Principles involved; points to be observed. Practice (actual preparation of as great a variety as possible of fresh and dried vegetables).
   (a) raw vegetables.
   (b) baking.
   (c) steaming.
   (d) boiling.
   (e) fireless cooker.
   (f) broiling.
   (g) sauteing.

   Vegetable soups with and without milk; soup accompaniments — toast, croutons, macaroni, vermicelli, rice, barley.

4. Fruits—preparation and cooking:
   (a) Principles involved.
   (b) Points to be observed.
   (c) Practice in preparation and use of fruit.
   (d) Methods of preserving.
   (e) Place of fruit in the menu.

5. Menu construction and preparation of simple meals including only foods studied.

6. Lunch box planning, preparation and packing.

7. Directions for laying table and simple rules for home serving. Table manners.

8. Work to include points on:
   (a) personal cleanliness.
   (b) classroom etiquette.
   (c) care of equipment and supplies.
   (d) table of abbreviations and measurements.
   (e) other necessary incidentals.

N.B.—At the conclusion of this course each student is required to give a demonstration in foods or Household Management.

III. HOUSEHOLD MANAGEMENT.

1. **The Kitchen:**

   (1) Fuels, history of fire; source; comparative advantages, methods of purchase; storage in home; use.
   Stoves: — construction, use and care of coal, wood, electric, gas and coal oil.
   Fireless cooker:—advantages, construction, use.

   (2) Cleaning metals—iron, steel, zinc, aluminum, brass, copper, nickel, silver, enamel.

   (3) Dish washing—correct methods, modern conveniences, special care of glass, china, water pails, milk pans, bottles, etc.
   Dish drying—use and care of towels.
   Table scrubbing—method, choice and care of brushes.
   Care of sink.
   Care of cupboards and utensils.

IV. TEXTILES AND CLOTHING.

1. Brief history of textile arts.

2. Appropriate clothes for the school girl.

3. Care of clothing—daily, weekly, seasonal.

4. Repairing—darning, patching, (hemmed patch), worn sheets, table cloths, curtains, towels, linings, etc., sewing on buttons, fasteners, etc.

5. Construction:
   (1) Hand sewing; use and care of sewing machine; use of home and commercial patterns.
   (2) Application of constructive processes in making simple articles suitable for the grades, such as cap, apron, towel, protection cloth, bag, night gown, bloomers.
   (3) Demonstration cloth for teaching purposes.

V. VALUATION OF THE TERM'S WORK UNDER THE FOLLOWING HEADINGS:

	Max.	Min.
Sewing:		
Sessional Records	100	60
Written Records	100	60
Foods:		
Sessional Records	100	60
Written Records	100	60
Household Management	100	60

PART II.

I. GENERAL METHODS:

1. Steps in the presentation of lessons.
2. Preparation, value and use of illustrative material for school use.
3. Observation of and participation in lessons.
4. Problems of organization.
5. Courses of study for Rural Schools.
6. Special requirements of the locality in regard to school fairs and other organizations.

NOTE—Each student is required to teach at least one lesson using the Rural School equipment.

II. FOOD LECTURES:

1. Review of work taken in Part I.

2. Study of cereals—kinds; composition; points to be observed in selection and storage of food products; nutritive value.

3. Study of eggs—structure; methods of preservation; composition; value in the diet; commercial preparations.

4. Balanced meals.

5. Study of cheese—composition; value in diet; digestibility, etc.

5. Study of meat—structure; composition; cuts of meat; care of meat.

III. FOODS—PRACTICAL WORK:

1. Preparation and cooking of cereals.
   (a) principles involved in preparing cereals as breakfast foods, or for young children.
   (b) Practice in preparation and serving.

   Care and use of left-overs.
   Comparison of home and commercially prepared breakfast cereals.
   Place of cereals in the menu.
   Cereal products used to thicken soups, sauces, desserts—cornstarch, rice flour, wheat flour.
   Preparation—simple soups, sauces, desserts, thickened with cereals and cereal products (includes salad dressing).
   Flour mixtures—tea biscuits, and tea biscuit variations—griddle cakes, muffins, cookies, plain cake with icing when required for school fair contests.

2. Preparation and cooking of typical cheese dishes.

3. Preparation and cooking of inexpensive cuts of meat for soups, stews, etc.

4. Preparation and cooking of eggs:
   (a) Principles involved.
   (b) Practice.

5. Candy making and fruit canning as required for school fairs.

6. Vegetable sauces and garnishes.
Care and use of left-overs, e.g., scalloped dishes, soups, salads, vegetable loaf, vegetable souffle.
Serving.
Planning menus to show combination of vegetables in meals —(suggestions re supplementing the school lunch with food from home).
Simple canning of vegetables grown in the school garden for school fair contests, etc.

IV. HOUSEHOLD MANAGEMENT:

1. The Kitchen:

(a) Floor coverings and finishes.
(b) Refrigerator — construction, choice and care.
(c) Furnishings, choice and care.
(d) Milk house and cellar, ventilation and cleaning.
(e) Buying and storing supplies.
(f) Sanitary disposal of waste.

2. The Girl's Bedroom:

(a) Airing—room, bed, clothing.
(b) Bedmaking.
(c) Care of towels, wash cloths, tooth brush, toilet dishes, dresser cover, bureau drawers, personal belongings.
(d) Care of painted floors, floor coverings, woodwork, windows, furniture, carpet sweeper, broom, floor brush, dust pans, (long handled) mops.
(e) Methods of sweeping and dusting.
(f) Attractive appearance.

3. Laundering:

(a) Source, properties and laundering of the principal commercial fibres—cotton, linen, wool, silk, artificial silk.
(b) Removal of stains—rust, blood, grass, ink, fruit, grease
(c) Laundering processes—bleaching fabrics, setting colours, starching, blueing, ironing.
(d) Application of principles in the care of towels, dusters, uniforms, etc.
(e) Selection and care of laundry equipment—tubs, boilers, wringers, pails, clothes lines, etc.
(f) Simple soap making.

4. Home Nursing:

(a) General health rules.
(b) Personal hygiene.
(c) Emergencies — wounds, simple bandages, sprains, burns, scalds, cuts, bruises, fainting spells, nose bleed, frost bites, insect bites, sun stroke, electric shock, drowning, poisons.
(d) Disinfecting — dishes, utensils, clothes, etc.
(e) Changing bed linen.
(f) Selection of food for the sick.
Preparation of the tray.

V. THE FINAL STANDARD OF STUDENTS WILL BE ESTIMATED AS FOLLOWS:

	Max.	Min.
Foods:		
Sessional Records.....	100	60
Final—Practical	100	60
Final—Theory	100	60
Household Management	100	60